



Fremont Fire Department

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FOR IMMEDIATE RELEASE

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Fremont Fire Department Reminds Fremont Residents to 'Watch What You Heat'

Fremont, CA – September 28, 2006 – It's time for Fire Prevention Week, and from October 8 to 14, the Fremont Fire Department is joining forces with local businesses, community groups, and the National Fire Protection Association to remind local residents to "Prevent Cooking Fires: Watch What You Heat." During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of cooking fires—most of which result from unattended cooking—and teaching local residents how to prevent cooking fires from starting in the first place. As part of Fire Prevention Week, the Fremont Fire Department will participate in community events and host an open house and tour at each fire station.

According to the latest National Fire Protection Association research, cooking is the leading cause of home fires. One out of three home fires begins in the kitchen—more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries. In Fremont, from September 1, 2005 through August 31, 2006, there were 220 home structure fires; eighty-two of these, or 37%, were either fires in the kitchen or fires that started in the kitchen and spread to other areas of the house.

"Often when we're called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes," said Fire Chief Bruce Martin. "Sadly, that's all it takes for a dangerous fire to start. We hope that Fire Prevention Week will help us reach folks in the community before they've suffered a damaging lesson."

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Firefighters and safety advocates will be emphasizing the following safety tips:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period of time, turn off the stove.
- When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.
- If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.

Join the Fremont Fire Department and learn about fire and life safety programs at the following Fire Prevention Week events:

- The Home Depot Safety Fair on Saturday, October 7, from 10 a.m. to 2 p.m., at the Home Depot, 43900 Icehouse Terrace, off of Auto Mall Parkway.
- An open house and station tour at each Fremont fire station on Saturday, October 14, from 9 a.m. to noon.
- A pancake breakfast benefit on Saturday, October 14, from 8 a.m. to noon, at Fire Station #9, 39609 Stevenson Place. The breakfast will support such Fremont Fire Department programs as the Rehab Unit, which assists department personnel on all major incidents; Explorer Post #173, which provides internships for high school and college students to work within the Fire Department; and the Alisa Ann Ruch Burn Foundation, which works to enhance the quality of life for burn survivors and promote burn prevention. A \$5 donation, \$3 for children 10 years old or younger, is requested; tickets may be purchased at the door.

Fire Prevention Week is actively supported by fire departments across the country. This is the 85th year that fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

Fremont's Fire Stations:

Fire Station #1
New temporary address:
39183 State Street

Fire Station #2
37645 2nd Street

Fire Station #3
40700 Chapel Way

Fire Station #4
1000 Pine Street

Fire Station #5
55 Hackamore Lane

Fire Station #6
37412 Fremont Boulevard

Fire Station #7
43600 South Grimmer Boulevard

Fire Station #8
3723 Darwin Drive

Fire Station #9
39609 Stevenson Place

Fire Station #10
5001 Deep Creek Road

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